



# Air Commando Newsletter

*Your one-stop for  
all Cannon AFB  
news*

## OPERATION UPDATES

## Announcements

**Sports Nutrition Class :** Join us Feb. 26 at 1200 in Bldg. 444. Many active people train consistently to improve their performance but fail to get the most out of their workouts. Nutrition is the missing link. Those who eat wisely can delay fatigue, enhance their performance and improve overall health. As with all of our educational programs, it is open to all Cannon personnel. Call the Health Promotions at 784-1003 or e-mail [Lenka Ferry](#) for more information and to register.

• **AAHMC:** The African-American Heritage Month committee is looking for singers and musicians to perform during the upcoming AAHM Gospel Celebration, Feb. 28. If you are interested, please contact [MSgt Keith Lucas](#) or [MSgt Marvin Jimerson](#).

• **Honor Guard Recruiting:** Are you a highly-motivated Air Commando who exemplifies the best of the Air Force? Consider joining the base honor guard. If you are interested, please call 784-6996 for more information.

• **Women's History Month:** The month of March is National Women's History Month special observance. Each year Cannon plans activities that celebrate and recognize women's historic achievements as well as honor women in our professions, homes and communities. I am looking for volunteers to help with the planning and execution of this month-long celebration. Personnel interested in this opportunity please email [MSgt Cassandra Lucas](#). Military, civilians and spouses are all encouraged to participate.

• **Public Health Advisory:** Check out the latest information regarding measles, and how to safeguard yourself and loved ones against the virus. Click [HERE](#) for the full article.

• **Sun Country Handicap Membership:** If Sun Country Handicap is not renewed by Feb. 28, your membership will be canceled. Visit Whispering Winds to renew today.

## RECENT NEWS



### At Your Service Magazine, February 2015

The February 2015 edition of At Your Service e-magazine is now available online! Visit [www.CannonForce.com](http://www.CannonForce.com) and click on the FEBRUARY magazine cover on the left side bar. The e-magazine will open in a separate window and begin downloading.

## Upcoming events: Feb. 18 – 25

For full February FSS event calendar, click [HERE](#)

### Pre-Deployment Briefing

Feb. 19, 24 & 26

A&FRC, 784-4228

0900

Required for any member deploying for 30 days or more; spouses are encouraged to attend.

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### Ditch the Dorms

Feb. 19

A&FRC, 784-4228

1400

Class intended for airmen vacating the dorms. Topics covered include financial readiness, initial costs, insurance and more.

### Career One-Stop Briefing

Feb. 20

A&FRC, 784-4228

0900

Briefing to learn about "One-Stop services for job seekers, and other incentives promoting employment.

### Thrift Savings Plan (TSP)

Feb. 23

A&FRC, 784-4228

0900

Military members learn about the purpose and fundamentals of the TSP and how it can help you reach retirement goals.

### Pre-Separation Counseling Seminar

Feb. 24

A&FRC, 784-4228

0830

Members separating or retiring from active duty service and transitioning to the civilian sector must attend this congressionally mandated appointment.

### Capstone (ITP)

Feb. 25

A&FRC, 784-4228

1300

This is a congressionally mandated appointment for all Armed Forces personnel separating from active duty service; includes a review of the TAP process and Individual Transition Plan.

### Movie Theater Showings

*Movie Schedule, Feb. 20-22*

**Feb. 20:** 1900, Lee Daniel's The Butler, PG-13

**Feb. 21:** 1500, The Boxtrolls, PG

1900, The Hunger Games: Mockingjay Part 1, PG-13

**Feb. 22:** 1500, Big Hero 6, PG

1900, St. Vincent, PG-13

## FSS Corner

### **Hobbies & Interest Survey**

Please take a moment to participate in the 'Hobbies & Interest' survey. Your information is important in helping to determine the types of special events and programs that are brought to Cannon. The survey should take less than 15 min.

Visit [www.cannonforce.com](http://www.cannonforce.com) and click on the **SURVEY BUTTON** on the left side bar of the home page. A new window will open and you will be able to begin the survey.

### **Military Saves Week will be March 2-6**

"Military Saves" is a DoD Financial Readiness campaign authorized by the Undersecretary of Defense for Personnel and Readiness to promote personal financial readiness among all military branches. This year's focus will be on financial readiness and building wealth through automatic savings. Military Saves helps families focus on their financial goals and create a path for long term success. A list of events can be found in the March At Your Service Magazine and on [www.militarysaves.org](http://www.militarysaves.org). Start now by calling the Airman and Family Readiness Center at 784-4228.

## Contact Us

To submit an event or announcement for the **Wednesday** newsletter, please e-mail Public Affairs at [27SOWPA.publicaffairs@us.af.mil](mailto:27SOWPA.publicaffairs@us.af.mil)